



# Weekly Menu and Nutrition Information



| <i>Week 2</i>                | <i>Monday</i>                                 | <i>Tuesday</i>                                | <i>Wednesday</i>                              | <i>Thursday</i>                                    | <i>Friday</i> |
|------------------------------|---|---|---|--|---------------|
| Soup Du Jour                 | Italian Wedding<br>Corn Poblano<br>Chowder    | Italian Wedding<br>Corn Poblano<br>Chowder    | Potato Bacon<br>Garden Vegetable<br>Orzo      | Chicken Tortilla<br>Veggie Tortilla                | Chefs Choice  |
| Entrée                       | Halal Cart Style<br>Chicken                   | BBQ<br>Brisket,Sausage,<br>Ribs               | Tasso Smoked<br>Pork Shoulder                 | Chicken<br>Enchilada's                             | Chefs Choice  |
| <i>Nutrition Information</i> | Cal. 750-Fat-17g-Sat Fat-<br>4.5g-Protien 42g | Cal. 550-Fat-22g-Sat Fat-<br>7.5g-Protien-33g | Cal. 260-Fat-13.5g-Sat.<br>Fat-6g-Protien-36g | (Each)Cal. 231-Fat-15g-<br>Sat. Fat-8g Protien-13g |               |
| Vegetarian Entrée            | Grilled Eggplant<br>Falafel & Biryani<br>Rice | Mac and Cheese                                | Cajun Stuffed<br>Bell Peppers                 | Vegetable Enchilada                                | Chefs Choice  |
| <i>Nutrition Information</i> | Cal. 420 Fat-4 -Sat. Fat-3g-<br>Protien-22.5g | Cal. 490-Fat-30g Sat. Fat-<br>13g Protien-17g | Cal. 220-Fat 14g-Sat. Fat-<br>3g-Protien-8g   | (Each)Cal. 154-Fat-6g-Sat.<br>Fat-2g Protien-5g    |               |

*Nutritional information is based on standardized recipes and may vary. Please*

*consult with one of our staff if you have food allergies or dietary restrictions.*